

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Broccoli & Pine Nut Soup**

*Taste-tested by Ali*

1 onion, diced  
1tbs oil  
3 cups broccoli  
3 cups chicken or vegetable stock  
¼ cup pine-nuts

Fry onion in a large pan with oil on medium heat until slightly browned. Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened. Cool slightly. Lightly toast pine nuts and add. (Save a few for garnish if you like). Place in a food processor or use an electric blender to form a smooth texture.



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